

Health Nurses settle for 8% increase

MINDEN — The Haliburton, Kawartha, Pine Ridge Health Unit nurses ratified their 1976-77 contract at a meeting held on November 22nd and accepted an eight percent pay boost.

This news was given in a report to Haliburton County Council last week by the counties representative on the health board, Keith Tallman.

The overall contract calls for an increase of 6% said Mr. Tallman.

640 to \$16,180. For 1977 — Registered Nurses, \$12,891 to \$15,292; Public Health Nurses, \$183,630. to \$16,670 and Senior Public Health Nurses \$14,335 to \$16,925.

"Acid rain" could be serious problem for Haliburton lakes

Dr. Tom Brydes, supervisor of Water Resources Branch for the Ministry of the Environment, presented a report to Haliburton County Council last week on the "Acidic Precipitation in South Central Ontario."

The report stated that the acid content in the Lakes of Haliburton County is getting higher each year and will eventually effect the fish population of these lakes.

Murray Fearrey, Reeve of Dysart et al. asked Doctor Brydes, "if the water will kill the fish, what effect will it have on humans." Dr. Brydes answered that there is absolutely no human health risk, as humans are not affected by acidic conditions.

Reeve Fearrey went on to ask Dr. Brydes how come it took the Ministry so long to find this acidic problem and Dr. Brydes stated that the program, which has been underway only since July of '76, found the acidic problem. They were not doing tests for acidic conditions before this date.

Harold Bannon, Deputy- Reeve of Dysart et al. asked Dr. Brydes, "how long is it going to take before

we have no fish in our counties lakes?" "That's the question we are begging off", answered Dr. Brydes, "because we don't know."

Reeve of Stanhope Township, Sinc Nesbitt, said "the article that appeared in the Toronto Star at the beginning of the summer, that Haliburton County lakes were polluted did us a great deal of harm." Dr. Brydes answered by saying that the report was released quite properly by the Ministry. However, what the press does with it is not our concern.

Deputy Reeve Keith Tallman of Monmouth asked Dr. Brydes what if anything the smelters in Sudbury had to do with our lake problems. Dr. Brydes said that studies are presently being done on air-movement during precipitation, but we still do not know. He did say that a great deal of the problems originates from the U.S. so in affect, you could say it is an International problem.

The Ministry is continuing studies of the Lakes in Haliburton-Muskoka areas and hopefully some answers will be found shortly.

Provincial Draw

Oct. 30/77	4498010
\$1,000,000	1009555
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The break down in salaries is as follows: 1976, Registered nurses, minimum \$12,220 to maximum of \$14,620.; Public Health Nurses, \$12,920. to \$15,460. and Senior Public Health Nurse \$13

Rotary Club seeks candidates

MINDEN — Dr. Leonard Burch, president of the Rotary Club of Minden, has announced that the club is searching for young people as candidates for Rotary Foundation educational awards for study abroad in 1979-80.

The awards, for graduate and undergraduate students, teachers of the handicapped students in technical training programs, and journalists, provide round-trip transportation, educational and living expenses for one academic year, and funds for intensive language training if necessary.

Since the program began in 1947, The Rotary Foundation has sponsored more than 10,000 students at a cost of \$35 million involving 127 countries. A trust supported by voluntary contributions from Rotarians, Rotary clubs and others in more than 150 Rotary countries, the Foundation will spend \$25.4 million over the next three years.

The deadline for application to your local Rotary club is March 1, 1978. Contact Dick Schell for further information on eligibility and application procedure.

"Round About"

WILBERFORCE—The Royal Canadian Legion Branch 624 will hold their annual 'Wildlife Dinner & Dance' at the Lloyd Watson Memorial Centre in Wilberforce on December 3rd. The dinner gets underway at 4 p.m. until 7:30 and will cost \$3.50 and feature such delicacies as venison, moose, bear, beaver, beef and pork plus all the trimmings. The dance follows at 9 p.m. until 1, featuring the music of John Gibson of St. Catharines. Admission to the dance is \$5.00 a couple or \$3.00 for singles.

MINDEN — The Council chambers in Minden will feature some special films, shown by the Minden Ambulance Service on Thursday, November 24 at 9. The showing is open to the public and will feature films on Pregnancy and Birth, Blood Can Work Miracles and Hemo, The Magnificent. Admission to the program is free and will last about one hour.

LINDSAY — At a recent meeting of Lindsay Council councillors voted in favour of keeping Goldenrod off the noxious weed list in Lindsay. Councillor Rhys Williams pointed out that goldenrod is a source of winter food for bees and that Victoria County has two of Ontario's top beekeepers — Joe Valas of Lindsay and Lorne Thurston of Dunsford, who have taken most of the prizes at the Royal Winter Fair for the last seven years. In view of this, council voted not to include the plant on the weed list.

MINDEN — Oops, it was our goof! In a caption under our front page picture last week we said that a bounty of \$25 will be paid on wolves in Haliburton County by the Ministry of Natural Resources. This is not true. At the meeting of County Council last week a letter was drafted up by clerk-treasurer, Win Lahay to the Ministry of Natural Resources seeking recommendations from the Ministry on the wolf bounty. The by-law is written up for the County to pay the bounty on wolves but it has not been passed as yet, still awaiting approval by the Ministry. The Ministry of Natural Resources does not pay bounties, the County does.

GLAMORGAN — The first meeting of the Haliburton County Clerk-Treasurers Association will take place at the Glamorgan Municipal Office on Wednesday, Nov. 23rd at 2 p.m. This association was the product of a great deal of work on the part of Richard Parisotto, former Clerk-Treasurer of Anson, Hindon and Minden, now deputy clerk-treasurer of Ajax. The following clerks and treasurers will gather in Glamorgan next week for their inaugural meeting: Win Lahay, Haliburton County Clerk-Treasurer, Elinor Burk, Anson, Hindon and Minden; Wayne Wood, Dysart et al; Diane Griffin, Sherbourne, McClintock and Livingstone; Sharon Hunter, Monmouth; Bev Miller, Lutterworth; Elva Bates, Glamorgan; Gerald Bain, Stanhope; Gayle Billings, Cardiff; Geoff Wynne Snowdon and Sandra McColl, Bicraft.

Spar Lake break-ins 31 charges

Three men have been charged with 34 counts of break and enter in the Spar Lake cottage area.

David P. Lapointe, 22, of R.R. 1, Kirkfield was charged with 17 counts of break, enter and theft; Anthony P. Taylor 19, of no fixed address, with 11 counts and M. James 20, of Cobocok with six charges.

During the period of November 14-16, eleven cottages were broken into. No thefts occurred, however police charged Lapointe and

Taylor with 11 counts of break and enter.

During the investigation of these break-ins, police cleared up six other break-ins which occurred on August 10 where \$1100. of property was stolen. About \$600 of this property has been recovered and more is expected to be found in the lake. Lapointe and James have been charged with five charges of break, enter and theft and one charge of break and enter.

Investigation by Provincial Const. B. Clendenning.

County Road report

MINDEN — The County Road report was given to Haliburton County Council last week by County Engineer, Bill Obee, and a considerable amount of work has been completed or in the final stages.

Mr. Obee told Council that equipment will be moved onto the Essonville Road this week to remove blind spots between Wilberforce and Hwy. 121. Also maintenance will be done on the Harcourt Park Road.

The bridge that was repaired on the Main St. of Dorset will have the 3-ton limit removed this week and the original 15 ton capacity will now be in effect.

Two construction jobs on the Kemmis Lake Road are now being done, should be completed within the next week to ten days and the traffic back to normal. The training will be cleaned up in the spring.

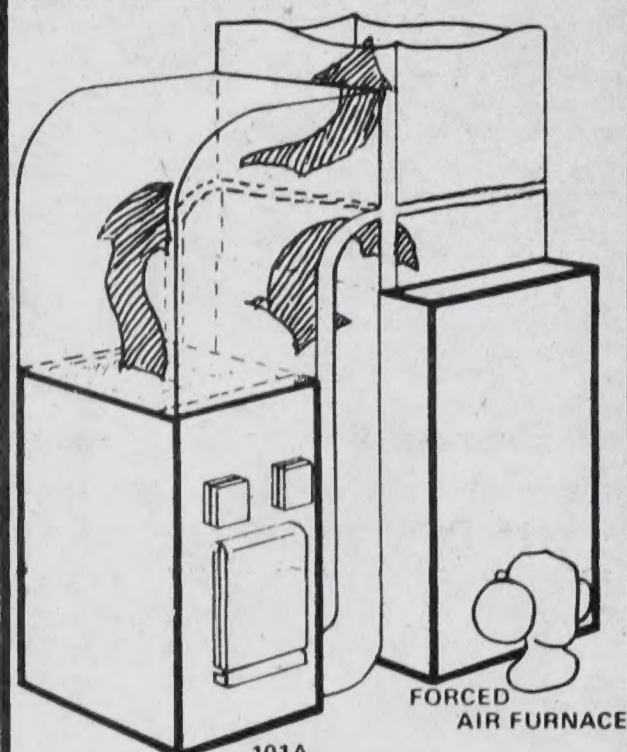
The engineer also reported to Council on the Ministry of Agriculture grant of \$60,000. To date as many as 23 men have been employed under the grant and there has been 48,000 used up. At present there are 22 men still working in the County, clearing right-of-ways and brushing various County roads.



Above, four members of the Haliburton Highlands Senior Citizen's Club enjoy a game of Krokono. They are from left to right, Mr. and Mrs. John and Alma Noble of Tory Hill, Hay Ward and Emilie Smith of Haliburton.

SOMETHING NEW SUREFIRE WOOD FURNACE

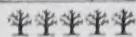
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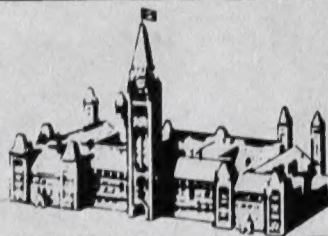
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OTTAWA and Small Business



Fly Me to the Moon

by JIM SMITH

An engineer is someone who can take a theory and put wheels on it. While the rest of the world dreams, the engineers are busy making dreams reality.

"Fly me to the moon," someone once said, jokingly. So the scientists put men on the moon. "Build a better mousetrap." So they did. That's the way it works.

The only real limitation on engineering accomplishments, in fact, seems to be the shortage of new ideas. The world needs more dreamers to keep the engineers busy.

Since the O.P.E.C. countries so rudely interrupted North America's petroleum flow, these have been fruitful times for the visionaries and dreamers. It follows that the engineers haven't been idle, either. Right now, the engineers are putting finishing touches on technology that will change the way we live and our need for fossil fuels.

One of the greatest needs for petroleum products can be found in the extensive travelling our society demands. All workers commute to an

office, even if it's only a matter of a few blocks. Executives commonly travel thousands of miles to attend conferences and business meetings. But technology can eliminate much of the need for workers to leave home and executives to leave the office.

We won't need as much petroleum for two reasons: (a) because we won't use as much energy in total and (b) because there will be new sources of energy.

Take travel, one of our principal uses for petroleum, for instance. The worker of tomorrow will have no need to commute; his home will be electronically linked to the "office" even to the extent of providing instant copies of documents. And businessmen will have no need to travel for meetings; instead, they can send a three-dimensional image of themselves much like today's telephone call. Those images will be utterly lifelike — unless you try to shake hands.

Meanwhile the space technicians are completing work on giant satellites that will gather the sun's energy long before it is dissipated by the earth's atmosphere. This en-

ergy can then be beamed down in microwave form. As much as 25% of our electrical needs could be met this way within three decades. And, in a modified version, the satellites can be set to send light into agricultural areas 24 hours a day, greatly increasing the world's potential food supply.

Among the few organizations that have begun to think of the social implications of the new technology is the Canadian Federation of Independent Business. The CFIB eagerly anticipates the new communications breakthroughs which will eliminate much of the need for large head offices and big cities; this kind of technology will result in diffusion of power.

But the Federation also warns that some of the new technology could cause even more concentration of power — economic and bureaucratic — than is already the case. The satellite program alone, for instance, could only be financed by enormous corporations.

The message from the CFIB is simple. The technology may be marvellous but its ultimate worth to society depends on how it is implemented. We have the power to build a new society. But will it be a better society?

Cattlemen's Association claims beef prices

must increase soon

The Canadian Cattlemen's Association says it is essential that beef prices recover over the coming period if beef producers are to remain in business. The association points out that over the last three years, Canadian beef producers have lost around \$400 million because of low prices and ever increasing costs and that as a result many producers have gone out of business

or have been forced to drastically cut back their operations.

The main beneficiaries of the low producer returns have been Canadian consumers, who today are eating beef at about the same price that it was late in '72. In the meantime, production costs have risen approximately 50 percent and the resulting cost-price squeeze has bankrupted many producers and left the rest in an extremely precarious financial state. Any continuation of the current crisis will inevitably mean many more producers will drop out of beef production.

Two injured in mishap

Only two automobile accidents were reported from the Minden detachment of the OPP this week. The total damage to the cars involved was \$2450.

On Sunday evening north of Miner's Bay Lodge on Hwy. 35, a car driven by 18-year-old Dale H. Insley of North Bay, while northbound, went out of control, struck the guide rail and rolled down the east side embankment. Damage to the car was estimated at \$2,000.

Mr. Insley and a passenger in his car, Vance Doolan 18, also of North Bay,

suffered minor injuries in the mishap and were treated at Minden Red Cross Hospital.

Investigated by Constable Mike Pearson.

Early Friday morning, just north of the Gull River Bridge on Hwy. 35 a car driven by June Holland 29, of Minden was northbound when it struck three guide posts on the west shoulder. Damage to the vehicle was estimated at \$450 while \$100 damage was done to the

posts.

Investigated by Constable Dennis Potter.

Samantha READS YOUR STARS

If you were born this week: You are restless and enjoy the stimulation and novelty of new faces and places. The same old routine bores you silly in short order. Your mind, too, looks constantly for new frontiers, for, as much as you like fun, you do have a serious, philosophical side.

ARIES (3-21-4-19): You're not one to do things by halves, Aries dear. However, if you take wholes and seconds of everything this week has to offer, you'll catch a whopping case of indigestion — mental as well as physical.

TAURUS (4-20-5-20): Good organization can make a big difference this week, Taurus. Unless you plan ahead, you'll be reeling around in circles, too dizzy to enjoy Turkey Day. Days include a debt, a deal, and a dally. What a doozy!

GEMINI (5-21-6-20): Relationships highlighted, Gem. Full moon snickers as certain party rattles your cage with gusto. Part of your dilemma, baby, is that you don't really know your own mind. Find quiet corner and meditate. Answer will come; listen for it. Sam and the stars promise.

MOONCHILD (6-21-7-22): Spicy situation could put you betwixt and between, Moon-baby. Be a master of diplomacy and tact; with your talents it won't be hard. Later, keep your own counsel; that turkey with the willing ears has a mouth that's even more willing. Week comes to snazzy fin!

LEO (7-23-8-22): Unexpected events could upset your apperect. Good advice from helpful amigo can right it again. The full moon beams down on fantastic romantic scenario, li'l lion. And your roar turns into a very contented purr.

VIRGO (8-23-9-22): You're pulled in several directions, Virgo; but home and family activities are where it SHOULD be at for you this week. So get yourself together, build a cozy fire in the fireplace, and get busy. Week closes with cheer.

LIBRA (9-23-10-23): Handle

finances wisely, Libby, and listen to sound advice about a certain expenditure. Midweek brings important news, perhaps from afar. Plans concerning a trip may begin to gel. Days come to festive fin!

SCORPIO (10-24-11-22): You have the ability to do almost anything you want to, Scorp. You can have all the patience and self-control in the world — IF you want to. This week holds several temptations: to tell someone off, and to spend wildly. The decisions, of course, are all yours, baby. Good luck!

SAGITTARIUS (11-23-12-21): It's a tricky week ahead, Sag. Appearances may be very deceiving, so try not to be taken in by lovely illusions. The week also welcomes in your birthday season, dear heart. Find romantic company and celebrate!

CAPRICORN (12-22-1-19): Week holds a holiday for lovers, Cappy, full of spice and saucy, too. Enjoy your feasts — ALL kinds! Days may also include a few flaky shenanigans that aren't really your cup of tea. Remove yourself, angel!

AQUARIUS (1-20-2-19): Grab your pogo stick, Aquari, 'cause family matters will keep you hopping. Then, Cupid struts his stuff and twirls super-fine lovin' your way! Now, what could be better than that? Week ends in a flurry of activity.

PISCES (2-20-3-20): Love notes fill the air, Pisces, and you're not slow about answering them. Then, cook up some extra goodies, 'cause you're bound to have lots of company. Days close with an extravaganza by Venus. Hur-rah!

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Youth charged in theft at hockey game

A 16-year-old youth has been charged with theft under \$200 during a hockey game at the Haliburton Arena on Saturday evening.

Gregory R. Howe, of Brampton, crawled through an open window and took several items from the clothes of the visiting Can-nington Midget hockey team. Police say cash totalling \$34 a watch and ring were stolen.

Police have charged Howe with eight counts of theft under \$200. Investigation by Constable Al Bibby.

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Snowmobile operator license

A snowmobile may not be operated except on lands occupied by the owner of the snowmobile unless the operator is 12 years of age or over and is a holder of a Snowmobile Operators license or driver's license.

The Snowmobile Operator Safety Training Program sponsored by the Ministry of Transportation and Communications and administered by the Ontario Federation of Snowmobile Clubs is underway for the coming snowmobile season. There are 450 club instructors throughout Ontario, registered with the Ministry, who are assigned applicants now to courses of instruction that will be given during the fall and winter months. Snowmobilers, young and old, who do not have a driver's license, are encouraged to sign up early.

Families, in particular, who want to take the course together, are welcome to register for six hours of classroom study.

Club instructors in your area will be holding their classes at one of threetimes during week nights in three two-hour classes or two, three-hour classes; on Saturdays the classroom instruction will last six hours.

Many interesting subjects cover all things you need to know to write your examination for your license. Long time as well as novice snowmobilers, found the

course material informative and absorbing when they took the course last year. For experienced snowmobilers it is an excellent refresher course.

The Ontario Safety League urges you to talk to your local snowmobile club this week and ask how you can register.

Ask Alma

Dear Alma, How do you address a letter to a recently divorced woman? A couple of my friends are now divorced and I have a hard time deciding whether to use their married name, maiden name, or whatever. — Patti

Dear Patti, A woman retains her married name after a divorce unless legal action is taken to change it. You can play it safe, however, and address her mail to: "Ms. Mary Jones," (Jones being her married name) but drop the "Mrs."

Dear Alma, What should a babysitter do when she feels the parents for whom she sits are not sober enough to drive her home? — Fran

Dear Fran, Every babysitter should have a prearranged understanding with her parents and a phone signal such as "I'm ready now" which means "Come and get me; I'll explain later!" To your employer's offer to drive you home, a pleasant "No thank you, my parents are coming" is enough.

Dear Alma, I lead a very active business life and want peace and quiet when I get home from the office. What do I find? Constant phone calls, a commitment

of community projects to be done, and kids constantly demanding attention. When is it my turn for tranquility? — A Husband

Dear A. H., There are days in the summer when the heat reaches 102 degrees — and days in the winter when it's below freezing. Why couldn't the days all average out with each of them a pleasant 64 degrees? Such is life. Someday, when your family is grown and out on their own, you will have plenty of quiet at home. I suspect that then you will miss some of the "busyness."

In the meantime, make your bedroom or den a sanctuary and insist that your family respect it as such. Perhaps after a daily period of solitude you can accept some of this hustle-bustle and enjoy your family's activities.

I have a busy household and accept that for today. In 1987 it will be a different story, and to tell you the truth, I'm looking forward to that too.

HAVE A PROBLEM at home or at work? Write to ASK ALMA, c-o this newspaper, and watch for the answer.

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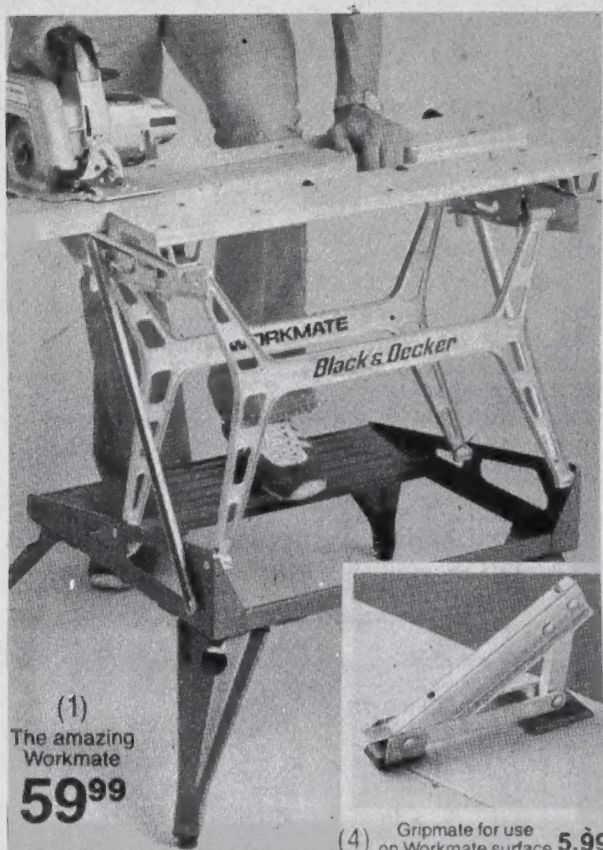
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*Leather: It can be fashionable
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ONE of the hottest fashion items around today is leather, a material that has long been recognized by motorcyclists for its practicality.

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"There is such a wide range of styles and colors today, a person can easily choose a jacket to enhance their entire wardrobe," says Lynne Julian of Toronto, who sells motorcycle clothes. "Styles are available that are very functional for motorcycling, yet very sporting."

After she describes the weather-beating properties of leather to a customer, Ms. Julian says she caps the sale by pointing out the fashionable aspects of the garments.

As well as protecting a rider from the wind, which can be both bone-chilling and fatiguing to a rider, leather will also protect a motorcyclist from flying objects — little stones and big bugs.

Montreal leather salesman Jerry Schreiber suggests cyclists buy good quality jackets to ensure they receive all the benefits available from leather.

"Most good quality jackets are made from steer or cowhide," says Mr. Schreiber.

The benefits inherent in leather jackets also apply to leather pants, gloves and boots. Fit, quality, color and comfort can all be achieved in these leather garments to add to enjoyable and safe riding.

Seniors meet each

Thursday

at Haliburton Arena

HALIBURTON — The Haliburton Highlands Senior Citizens Club, which was formed just this past August, appears to be one of the most successful clubs in the Haliburton area.

Sporting a registered membership of 113, the club meets every Thursday afternoon at the Haliburton arena between 12:30 and 3 p.m., for lunch, a short meeting and then have a social afternoon playing euchre, bridge, krokon, cribbage, square dancing etc.

In late August at their first meeting 147 senior citizens of Haliburton and area turned out. Special guest for the occasion was Miss Andrea Ferrier, a representative from New Horizon's (a government branch to aid senior citizens). Miss Ferrier was completely taken by surprise over the huge crowd who turned out at the

Christiansen, that this was one of the largest inaugural senior crowds she had ever seen. To further illustrate the size of the turnout, Miss Ferrier had to be taken in the back door of the building. This was the primary reason the meetings are now being held at the arena. Special guests at last weeks get-together were from Bancroft, Wilberforce, Combermere, Cardiff, Bicroft and Tory Hill.

The executive of the club are: President, Emil Neimann, 1st vice, Orval Austin, 2nd vice, Elwin Robertson, 3rd vice, John Cornish and 4th vice, William Ward, plus eight board of directors.

On December 15th the club will be holding their first Christmas party and it is anticipated that well over 150 will be in attendance including senior's of Extencicare.

Orange Hall. She commented to chairman, Dr. Edward

FINANCIAL REPORT

STOCK MARKET ACTIVITY

Record trading volume has been reached on the Toronto Stock Exchange in recent weeks with precious metals and oil and gas issues providing the bulk of activity. The New York Stock Exchange has been trading in a sideways pattern and the industrial and commercial sectors here in Canada have followed suit.

In the United States, Federal Reserve Board chairman, Arthur Burns, has advocated "a bold tax policy" to encourage investment and stimulate economic growth in that country. We can expect to hear more on this issue in the near future in light of the need to encourage industrial and personal investment so that the current economic recovery will be sustained, leading to more stable long term economic growth. Such a move would imply a rapid return of investor confidence, leading to a healthier investment climate and improved stock price performance, in both the U.S. and Canada.

OIL AND GAS TRADING VOLUME SOARS

Over the past few weeks trading in shares of western Canadian gas and oil producers has carried overall Toronto Stock Exchange volume to multi-year record high levels. This market sector has trended upwards all year, reflecting rising oil and gas prices and increased exploration and development activity, but an added boost to investor interest in recent weeks was provided by news of a major discovery in the west Pembina area of Alberta, where many majors and juniors hold acreage. The West Pembina activity is shaping up to what could be the biggest play in Alberta in at least a decade. In view of the significance of this development, a detailed rundown of developments to date and the companies involved is presented in this issue.

RESERVES POTENTIAL

Although there has been insufficient information released on which to determine an accurate estimate of the size of the discoveries made to date, some experts are estimating that the pay thickness ranges between 100 and 200 feet and that recoverable reserves are in the order of 10 million to 20 million barrels per section.

Generally Correct

After discussing the Revolutionary War battle of Saratoga, which England lost probably because General William Howe chose to stay at Philadelphia, the history class was asked to explain this major British defeat.

Came a voice from the back of the classroom, "Lack of no Howe."
— Keene (N.H.) Shopper News

A jury consists of twelve persons chosen to decide who has the better lawyer.
— Robert Frost

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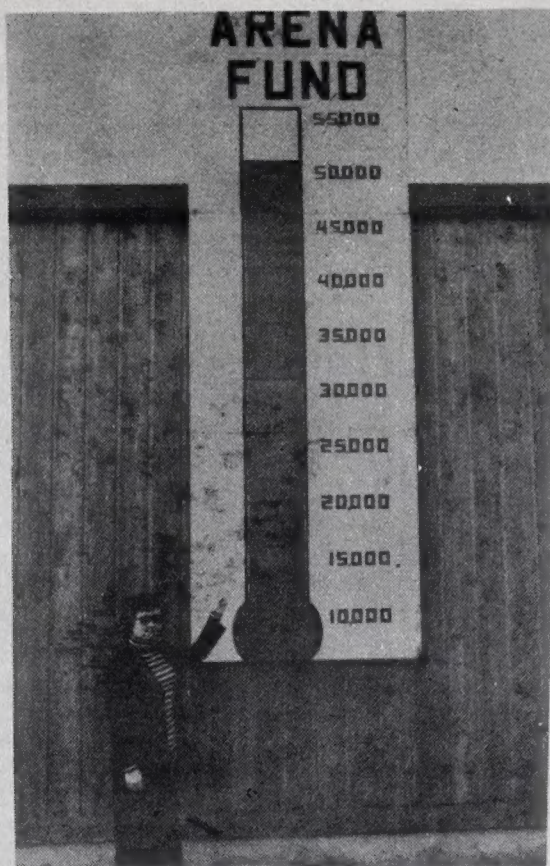
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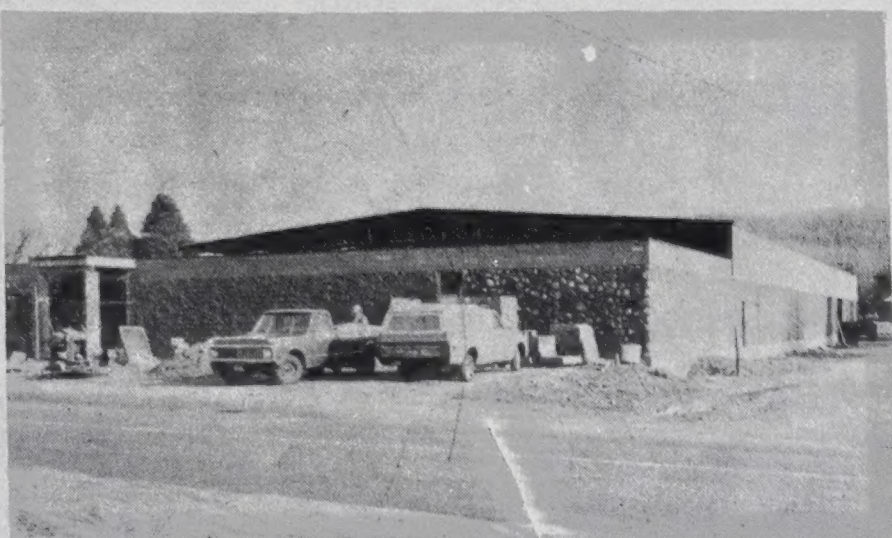
In the News



WORRIED by the severe losses of the American steel industry, Lloyd McBride, president of the United Steelworkers of America, demanded recently that the Carter administration take immediate action to maintain jobs for U.S. steelworkers. Our union, McBride said, has been suffering the most dramatic loss of jobs in its history.



WILBERFORCE — The new Wilberforce Arena, above, is really turning into a beautiful piece of architecture. The Express spoke to Monmouth Township Reeve Gary Agnew, last week and he said that the new recreational centre will open its doors around mid-December, with the official opening slated for mid-January. Below, Monmouth clerk-treasurer, Sharon Hunter points to the thermometer which now shows their objective of \$55,000 almost reached for the new arena.



GRATITUDE
Be grateful for the kindly friends that walk along your way;
Be grateful for the skies of blue that smile each day;
Be grateful for the health you own, the work you find to do;
For round about you there are men less fortunate than you.
Acquire the grateful habit, learn to see how blest you are,
How much there is to gladden life, how little life to mar!
And what if rain shall fall today and you with grief are sad;
Be grateful that you can recall the joys that you have had.

"MUSINGS" by EMI

One can hardly believe that it is only a short time until the end of 1977. Where does the time go? Looking back to the start of this year, my thoughts were flying ahead to the spring and summer months, now winter is coming closer and where those in between closer and I don't know months got to.

Believe it or not but at one time there was a sign in the Toronto Parks that said: "Please Walk on the Grass." Wonder if it is still anywhere in use?

It seems the weatherman gives one the wrong forecast every time he comes on the air. Friday we were to have a few flurries at night, but we had them in the forenoon. Guess we were lucky as Allsaw Flats had much more of a storm and south of us it was real bad until north of Miners Bay in the evening. Saturday was such a lovely day one hated to be inside. Of Sunday no comment as it was not fit for either man nor beast to be out.

This week seems to have very little going on until the latter part with a card party Thursday afternoon and bingo at night. Guess it is like the lull before the storm, for next week I have been told will be busy. Card party Monday night at the Orange Hill, meeting Tuesday night at Parish Hall re the new library, Wednesday ends November so it may be free so all can start December bussle after taking a deep breath.

Listening to the comments made on this paper after it's first edition my comment is give it time. You have to creep before you walk, walk before you run and so on. Given time there will be more news of around the county and after reading last weeks paper I found

W.I. meeting

On a rainy Wednesday, November 16, 26 members and two guests met at the St. Pauls Parish Hall for Minden Women's Institute meeting.

The president, Mrs. Lyman Cox read a verse and the usual opening and several reports were given. Most members responded to the Roll Call of Recipes. The president thanked the ladies who helped at the Hyland Crest Tea. She also reported that six members enjoyed Victoria East District Craft Show and Tea at Cameron on Oct. 19th and mileage was paid to the driver.

Mrs. W. Moore, acting for Jean Taylor as card convenor, reported sending 28 cards since the last meeting. Collection for this fund and Pennies for Friendship were taken. Home and Country magazines were given out and Happy Birthday was sung to all having birth days recently. Several verses were read for our enjoyment. Mrs. Arnold Coulter read "Getting Older" and Mrs. S. Ewing "Grandmothers."

Mrs. J. Hulbig gave an interesting and lively report of Central Ontario Area convention at which she had been our delegate. She made us all wish we had gone and thanked us for the privilege of attending.

Mrs. W. Locke, Convenor of Cultural Affairs, gave an interesting talk on Camp Kandalore and the museum there and showed how this camp trains young people in many ways. We will all have to visit there as we

a lot of it.

Believe it or not but King Ibn Saud of Saudi Arabia who died in 1953 was married 400 times, yet never saw the face of any of his brides before he married her!

Did you know that there are eight new stamps now on sale at the post offices? Four of them are of sailing ships and are very attractive.

are missing a good display. Articles from a bazaar were on display and many were sold for Christmas giving.

The meeting closed with God Save The Queen and W.I. Grace and all enjoyed the delicious lunch served by the committee. The next meeting will be at 7:30 at

the United Church Hall with Roll Call, a Christmas verse. Guests and newcomers are invited to join us for this party and if they join in the gift exchange this is to be a minimum of one dollar and perhaps Santa will be there!

Jeanne Sears, PRO

Christmas mail deadline

Canadian Postal users are advised that Christmas mailing deadlines for greeting cards are December 13th for out of town Canadian or United States destinations and December 17th for in-town mail. Parcels for distant Canadian points and the United States should be mailed before December 3.

All greeting cards sent within Canada and the U.S. should be sealed, even though they may be sent at the third class rate of 10 cents (up to 2 oz.)

Greeting cards for all other countries should be left unsealed unless sent at the first class rate, and can be sent by airmail for 18 cents (up to one ounce) or by surface means at 12 cents (up to the ounce).

The Christmas mailing deadlines for unsealed greeting cards being sent overseas by airmail, and for let-

ters at the first class rate, are December 2nd for Haiti the Netherlands Antilles and Cuba, December 8th for Europe, South and Central America, the West Indies, Africa, Asia, and Oceania (including Australia and New Zealand); and December 13 for Great Britain, Northern Ireland and the Republic of Ireland.

The deadline dates for parcels sent overseas by air are November 25th for Haiti Netherlands Antilles, Cuba, Africa, Asia and Oceania (including Australia and New Zealand), December 1 for Argentina and Paraguay, December 2 for Europe, the rest of Central and South America and the West Indies and the 8th of December for Great Britain, Northern Ireland and the Republic of Ireland.

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OMHA Bantams down LB 12-5 T.C. Midgets

The Minden OMHA Bantams played three games this past week and picked up four of a possible six points.

On Thursday evening in Fenelon Falls, they spotted the Flyers a 4-0 lead after two periods and then roared back with seven unanswered goals in the third to win 7-4. This was the first victory on Fenelon ice for the Minden boys in over two years.

Scott Benson and Dean Pointon scored in the first period for Fenelon. Pointon and Glen Miller fired goals in the second to make it 4-0. Ronnie Yake scored three times in the third, Harold Porter added two shorthanded tallies and singles went to Scott Arbuthnot, and D. Lennie. Yake scored once on the power play and also potted a short-handed goal.

On Saturday at the community centre in Minden, the Bantams came up with their first victory over Little Britain in three seasons, downing the Aces 12-5.

Ronnie Yake again came up with a superlative performance for our lads, scor-

ing five goals and set up two others. Harold Porter ting four goals. Singles went also had a super game pot- to Scott Arbuthnot, who also set up five goals, Brent Moxam, along with three assists and Ricky Beeney. Shawn Chapman also had a fine game with three assists. Ken Drinkwater, Raymond Meek and David Van Thinger had singles for Little Britain and Terry Jenkins picked up a pair.

After chalking up five straight victories the Bantams came up flat in Ops on Sunday evening. The Ops boys checked our lads into the ice on the way to a well deserved 3-1 victory. Shawn Chapman avoided the shut-out for Minden by taking a pass from Ronnie Yake with less than five minutes remaining in the game and scored. Dale McLean, Dave Windrum and Mike Tomlin scored for Ops.

The Bantams now meet Ops in a return engagement at the centre on Saturday, game time 5:30 p.m.

down Millbrook

TC Midgets down millbrook

The Minden Tri County Midgets rebounded from their fiasco with Fenelon Falls last week, with a 4-2 victory over Millbrook at the centre on Sunday evening. Kim Hamilton led the Midget attack with two goals while singles went to Rex Anderson and L. Booth.

The TC Bantams took it on the chin to Fenelon Falls 5-2 with Joe McMinn scoring both goals for Minden.

The TC Peewees came up with a 3-3 tie with Fenelon Falls, however The Express regrets that a scoring summary is unavailable.

If the profession you have chosen has some unexpected inconveniences, console yourself that no profession is without them, and that all the perplexities of business are softness compared with the vacancy of idleness.

— Samuel Johnson

Minden OMHA Hockey

It was a busy week in Minden this past week in OMHA minor hockey.

On Saturday at the centre the Atoms started things off with a 1-0 victory over Oakwood. Paul Walker scored the lone goal of the game with less than three minutes to play in the game. Ron Smith was a standout in goal for Minden, as he picked up his fourth consecutive shutout on home ice.

The Peewees then took to

the ice in the next game and blanked Oakwood 5-0. The game was as lopsided as the score would indicate, as Larry Card's pee-wees checked the visitors through out the contest, giving goalie Colin Newell very little work on his way to his first shutout of the season.

Robbie McLeod led the Minden scoring with two, while singles went to Eldon Bull, Doug Schell and Jeff Stamp (on the power play).

The Bantams then met Little Britain and trounced them to the tune of 12-5. A complete write up on Bantam action is elsewhere in this issue of The Express.

In Midget action, our boys came up with their first win of the season, edging a tough Beaverton team 4-3.

Garry Harrison scored twice for Minden, Brian Shaw and Casey Cox one each.

Huskies Win, Lose

The Haliburton Travelways Huskies came up with their first victory of the young Junior D hockey season on Sunday evening, dropping the new entry in the Loop, Madoc, 7-3.

Tim Oram led the Huskie attack against Madoc with a goal and three assists.

Haliburton opened the scoring in the first period on Andy Salvatori's first goal of the night from J. Roberts and Barry Shaw. Dwight Sisson upped the count to 2-1 from Roberts and Derwin Barry and Steve Farnsworth made it 3-0 before Madoc scored to end the period 3-1. The two teams each scored once in the middle stanza, Tim Oram counting from Sisson.

Haliburton again outscored Madoc 3-1 in the third period, Salvatori, Roberts and Jay Wootton scoring.

On Saturday evening at Bancroft, the Jets' Doug Robock was red-hot, scoring five times in a 9-5 rout of the Huskies.

Joe Roberts scored twice for Haliburton with singles going to Barry Shaw, Jay Wootton and Rod Consack.

The Huskies next home

game is Saturday night against Madoc starting at 8:30 and then its off to

Lakefield on Sunday for an 8 p.m. game.

Juveniles settle for 4-4 tie

The Minden Juveniles jumped ahead 3-1 after one period against Sunderland on Friday evening before a Community Centre crowd of around 200, but couldn't hold it in the third, as they settled for a 4-4 tie.

Sunderland opened the scoring at 6:07 of the first period on a goal by Mark Osske, without a doubt the best player on the ice in this game. David Brown evened the count at 1-1 just over two minutes later on a beautiful pass from Kevin Newell. Dean Potter then cashed a three way passing play with Brian Musclow & Jim Hogue to give Minden a 2-1 lead at 11:11. Steve Davies upped the score to 3-1 with less than five minutes remaining in the first period, with assists going to Tim Davies and Rocky McElwain.

Sunderland cut the margin to 4-3 in the second period on goals by Mark Osske and Steve Reynolds. Brian Musclow took passes from

Hogue and Potter to end the period 4-3 after two periods.

Sunderland came out flying in the third period and outshot Minden 12-1 in the first seven minutes but only scored once to tie the game.

Rick Hubers sneaking a goal past red-hot Keith Harrison.

Minden outshot Sunderland 42-33 over the game and had a two-man advantage four times, but never scored a goal while having this advantage. Sunderland could have come out of this game with a win if they hadn't committed so many foolish interference penalties. The referees handed out 14 minutes in interference penalties to the visitors.

The Juveniles next game is December 2nd against Beaverton at 8:30 p.m.

Stars of the game as picked by The Express were: first, Mark Osske, 2nd B. Musclow and third Dave Brown.

Nov. 17
— Nov. 29

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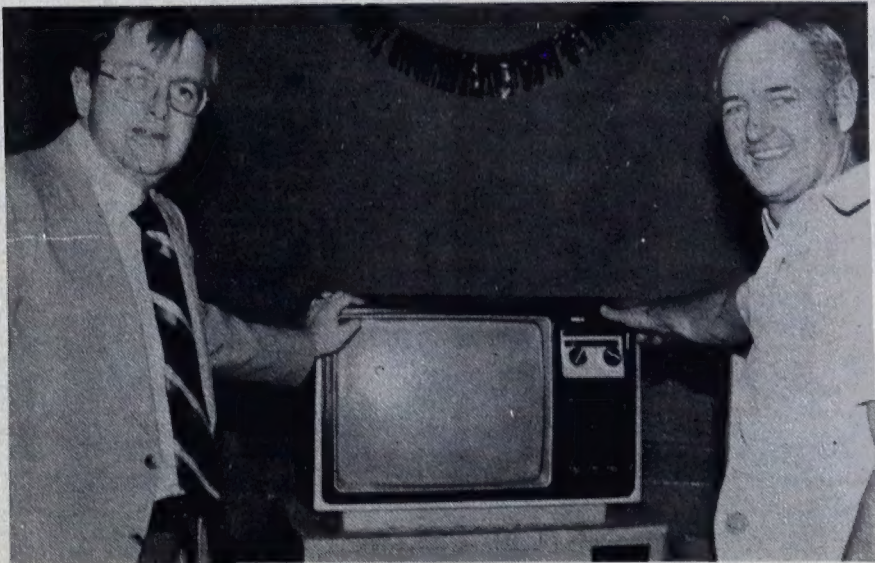
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Sports



HAROLD BUCHNER MEMORIAL TOURNAMENT — was rolled at Pro Bowl in Richmond Hill over the weekend as part of the 'Bowling Week in Ontario' program. The tournament is for Bowling Association executives only and top photo, Edith Kingsbury, secretary of Whitewater Bowl, rolled 207 pins over her average to capture first place and the beautiful Harold Buchner Trophy as well as an 18" RCA colour TV. Middle, Ken Masters, membership chairman of Huronia Association finished second with 170 pins over average and won an 18" black and white RCA Victor TV. Bottom, Adrian Wynands, vice-president of Guelph Association, a stereo for his fine score of 148 pins over average. Top bowlers in the tournament from 1000 Lakes were Don Mackie of Fenelon Falls with 67 pins over good for 13th spot.

22 rinks ready for action

The Wilberforce Curling Club, after encountering some ice problems, is now ready to open the 1977-78 curling season at their new rink.

President of the Wilberforce Curling Club, Keith Cameron told the Express last week that 22 rinks, comprised of men's, ladies and mixed teams are ready for action.

The mixed teams will get underway on Sunday at 7.30 and Monday at 7 and 9 p.m. The ladies will take to the ice on Tuesday at 7:30 p.m. The Royal Canadian Legion

get their season started on Wednesday at 7 p.m. and the men begin competition on Thursday evenings at 7 and 9 p.m.

Mr. Cameron went on to say that open curling is available on Friday and Saturday evenings from 7-9 p.m. For reserving ice time you can contact Mr. Cameron at 448-2824. Cost of renting ice is \$2 per team member.

This year's Wilberforce Curling Club executive are: President, Keith Cameron, Secretary-Treasurer, Phyllis Gallon

Eddie Cox rolls 833 triple

On Wednesday evening in the Men's Commercial bowling league, Eddie Cox led his Minden Progress team to a 8 point victory in the season's first series. The Progress, trailing by 1 point to Ingoldsby going into this weeks action, came up with 18 points to Ingoldsby's 9, to win the series 160½ to 152½ points.

Wes Stata, returning to the Progress team for the first time this season after a leave of absence, rolled 188, 253, 250 for 691 and teammate Pat Clarke rolled 207, 199, 225 for 721.

Peterborough Lumber once again came up with a solid team effort this week, picking up 20 of 21 points to move into a solid third place with 149 points. Fourth was Modern Electric with 141, fifth was the Rockcliffe Hotel with 130 and sixth was NorPhoto with 77.

The league began their high low doubles tournament play this week and there are only six teams left out of 18 that started the evening. The tournament is

played over an eight week period and is over when their is only one team left. Teams are formed in this tournament with the highest average in the league paired with the lowest, second highest with second lowest and so on.

The six remaining pairs in the Men's Commercial

league are: Harris Steele and Doug Anderson (needed 1167) rolled 1351, Ed Cox and Brent Beaver (1038) 1320, Pat Clarke and Herm Bosley (1137) 1267, Cliff Burke and Eric Burk (1140) 1257, Bill Walker and Doug Leonard (1152) 1252 and Graham Brown and Fred Cox (1137) rolled 1218.

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ANNY DE PIREY — RYAN O'NEILL
ALVIN SARGENT — ERIC H. MARA — MARIE
JOHN FOREMAN — SYDNEY POLLACK — DAVE GRISIN

Fri. 25 Sat. 26
Bobby Deerfield
ALBUINO MARTINE KELLER
IN A SYDNEY POLLACK FILM
ANNY DE PIREY — RYAN O'NEILL
ALVIN SARGENT — ERIC H. MARA — MARIE
JOHN FOREMAN — SYDNEY POLLACK — DAVE GRISIN

Sun. 27
Can I Do It... if I need Glasses?
The Little Girl Who Lives Down The Lane
JODIE FOSTER

Sun. 27
Jynale
Did you ever want to shove it and leave it all behind?
BORN FOR HELL

MAX HAINES



Mystery of the stranger in the haunted house...



Everyone has heard about the murderer who returns to the scene of his crime. Did you ever hear of a murderer who never left the scene?

Back in Oct. 1941, Phil Peters and his wife Helen lived quietly enough on a residential street in Denver, Colo. Phil, at 73 years of age, had worked a lifetime with the Denver and Rio Grande Western Railroad in the accounting department. The Peters led a happy, if uneventful, life.

In the beginning of October, Helen Peters had suffered a minor setback when she broke her hip and was confined to a hospital bed. A neighbor, Jenny Ross, was helping out by preparing Phil's evening meals for him at her home while Helen was laid up.

One evening Phil failed to show up. Jenny knew that the combination of railroad man and accountant made for punctuality. Phil had never been late before. His dinner was getting cold. Jenny told some neighbors that she was becoming nervous.

Finally the ladies decided to take a look at the Peters' house in case Phil had had a fainting spell. The house was pitch black. The ladies tried both the front and back doors. They were locked from the inside. So were all the screens on the windows.

One of the neighbors succeeded in prying open a screen hook. Another opened the window, and one of the women jumped into the house. Seconds later a blood curdling scream broke the chill autumn air of Denver.

Phil Peters lay face up on a rug. He had received 25 blows to the head. His attacker had struck with such fury that the medical authorities felt any one of the blows could have been fatal. Several blows had been inflicted after death. Phil had been killed at 4 p. m. that day, about four hours before the concerned neighbors had found his body. He had come home from his job on the railway to wash up before going over to Jenny's for his dinner.

No money was taken; nothing in the house had been disturbed. Police went over the Peters' home with meticulous care for any clue to the killer's identity. Nothing!

Both doors were not only locked, but secured by a safety chain from the inside. The police felt that Phil had been on the couch taking a quick nap, and was attacked as he was putting on his slippers. One slipper was found on his body and the other was in the middle of the room. Some broken chips from the butt of a revolver were found near the body. Police felt these chips could have been part of the murder weapon. Another possible weapon was a cast iron poker, which appeared to have been freshly washed. And that was it.

No real clues had been found to help identify the killer.

Autumn of 1941 gave way to winter of 1942. It was an extremely cold winter. Helen Peters recovered from her broken hip, but could not bear to live in the house where her husband had been killed. She moved away.

When a house which has been the scene of a suicide or a murder is vacated, it is often transformed from a place of tragedy to a haunted house. Especially by children. It was that way with the Peters' home. Kids used to dare each other to go up to the front steps. Some youngsters claimed to have seen lights shining from cracks in the upstairs walls. Soon stories about the Peters' home being haunted became a fast spreading rumor. Even adults swore to having seen a ghost-like face peering down at them from behind the curtains in the upstairs window.

In the spring Helen Peters had a change of heart and returned to her old home. Her neighbors informed her of the reputation the house had gained in her absence over the winter months. Helen had lived in the house for 50 years and told her friends they were imagining things. She moved back into her home. Within a few weeks she injured her hip again and was confined to bed.

Hattie Johnson was hired to look after the elderly Mrs. Peters. Hattie didn't last long. One day she ran out of the house, hysterical, swearing that she had seen a form peering down at her from the upper stairs. Another domestic, Edith Clark, took the job. She too

left in a hurry. She said she had seen a filthy waif-like apparition on the stairs. Finally, Helen Peters was persuaded to move to her son's home in Western Colorado.

Just as the winter of 1942 had been extremely cold, the summer was unusually hot. July was a scorcher. Stories of the strange haunted house were reported to the police. The officers responsible for investigating the unsolved murder of Phil Peters decided to keep a day and night watch on the house for anything suspicious. It seemed to be groping at straws, but the investigation had wound down to a standstill, and they were willing to try anything.

Sure enough, on a steaming July evening, the two policemen keeping watch on the house saw a movement in a downstairs window. They dashed across the lawn, broke down the door, and took off after a figure running up the stairs. The figure rushed into an upstairs bedroom with the cops in pursuit. One policeman managed to grab a leg just as it was disappearing into the ceiling of a bedroom closet. Down popped an emaciated figure of a man in tattered rags.

In one swoop the police had solved both the murder and the reason the house was thought to be haunted.

Theodore Edward Conays had been a sickly youth. All his life he had suffered from lung trouble and had on three different occasions heard doctors say that he had less than a year to live. But he never died. He lived a life of failure and frustration. All he ever wanted was a little place of his own and enough food to eat.

The previous October he had been robbing the Peters' home of some food. He prowled through the house and found a patched ceiling above the bedroom closet. He removed the wooden patch and discovered a small attic, no more than a hole. It looked inviting to Ted. He could live up there; no more riding the rails and getting pushed around. He stayed in the hole for days at a time and became an expert at telling what part of the house Phil was in by the noises he

made. Finally he became so bold he would trail Phil around the house without his knowledge just for fun.

This secure and exciting life could have gone on indefinitely, except that one fateful night in October Phil stumbled upon Ted raiding his icebox. Although elderly, Phil made a lunge for the intruder. Ted grabbed an old fashioned pistol and broke it over Phil's head. In desperation the smaller man picked up a poker, and smashed it time and time again on the skull of his victim. He continued to rain blows to Phil's head even after he had slumped to the floor. It was as if Ted was taking out his vengeance for the sickly, wasted life he had led, as again and again the poker swung in a wide arc to the skull of the fallen man.

Ted retreated to his hole in the ceiling. The police came and thoroughly searched the house, including the attic, but the small section Ted was in was boarded off, and he escaped detection.

The cold winter came, and the fugitive almost froze in the deserted house. His water supply was provided from 50 gallons left in a water heater. Ted stumbled across the Peters' supply of preserves, which had been left behind. He ate over two dozen pints of grape jelly and dozens of jars of strawberry jam in order to stay alive. When Mrs. Peters returned he was able to prowl the house stealing just enough to keep body and soul together.

All the rumors about lights and faces were true. Ted had bootlegged a power line into his hole in the ceiling, and was able to have light, and an old radio for company. The light was seen from the outside, and sometimes neighbors caught a glance of him at the window. Ted had correctly calculated that everyone would say the house was haunted.

The little man who only wanted a small space in which to live got his wish. He was found guilty of murder and sent to prison. Ted always claimed that the best years of his life were spent in prison. He spent the balance of his life behind bars.

Insurance rates have ups and downs

Home and auto insurance rate increases are slowing down considerably, thanks to the Anti-

Inflation Board. However, due to a variety of reasons, some increases may still be experienced.

Two years ago, when the Board was set up, auto insurance premiums were increasing at an average rate of more than 25 per cent. During the first year of controls these increases dropped to about 15 per cent; this year, virtually all major companies are staying with last year's rates. Even where this year's rates show an increase - that increase is lower than would have been the case if there had been no AIB.

Here is how it works:

The insurance industry went through disastrous underwriting losses of about \$600 million dollars during the two years prior to the program. Profit margins required by the AIB were based on this period so that, as rates were raised to meet the rising costs and the situation started to level off, companies found themselves making "excess revenue according to AIB standards."

Insurance companies have thus far generated more than \$100 million in excess revenue, under the terms of the Anti-Inflation

Board. AIB guidelines require that the company take the difference between their actual profit

margin and that allowed by the AIB and return this amount to the customer through rate adjustments. That means that the \$100 million is now being returned in the form of frozen rates or reduced increases.

The new rate schedules set this summer showed virtually all major companies maintaining last year's rates, "according to an AIB spokesman."

However, some of the smaller companies which have not reached their allowable profit margins may increase rates if the market will bear those increases. Furthermore, the controls do not restrict rate increases based on changing conditions such as accident claims or a customer buying a newer, more powerful car, or moving to a higher risk area. For example, one customer may find his rates frozen while his brother-in-law, who is insured with the same company, but living in a different town, has to pay a slightly higher premium this year. Areas which have a higher than normal accident rate will experience modest rate increases in spite of excess revenue dividends.

OPP pioneers in use of laser to detect fingerprints

A new way to detect latent fingerprints is being pioneered by the Ontario Provincial Police.

Using an argon-ion laser, trace elements in perspiration comprising fingerprints luminesce under a specific wavelength of light.

"The argon-ion laser is admirably suited for fingerprint gathering," says OPP Forensic analyst Brian Dalrymple, "as it is a totally non-destructive method; nothing except light touches the print."

Last year Brian was chatting to his next-door neighbour about problems in forensic identification. The neighbour, a scientist with Xerox, became interested which led to Xerox of Canada lending the OPP the services (when needed) of a laser physicist and a chemist to explore the potential of the argon-ion laser.

Through the co-operation and expertise of Xerox, the project grew until it reached the stage where they were convinced they had a method of fingerprint detection that was a dramatic breakthrough in the field.

The laser has been used in an actual case and was successful in detecting a fingerprint. This print was compared with the suspect's and identified. The case is now pending.

There are many advantages to laser technology, the most important being that it is a non-destructive process. By leaving the print intact is gives the forensic analyst the option of using various other techniques later without damaging the exhibit.

Fingerprints exposed to extremes in temperature and moisture on many surfaces remain visible under the laser. The age of a fingerprint does not seem to preclude the use of laser detection. Scientists found several prints with discernible ridge detail in a book which had not been opened in nine years.

Many substances which are traditionally difficult to deal with were subjected to laser illumination - human skin, kleenex, styrofoam cups, black tape, paper and glass. Fingerprint luminescence with good visible ridge detail resulted in most cases.

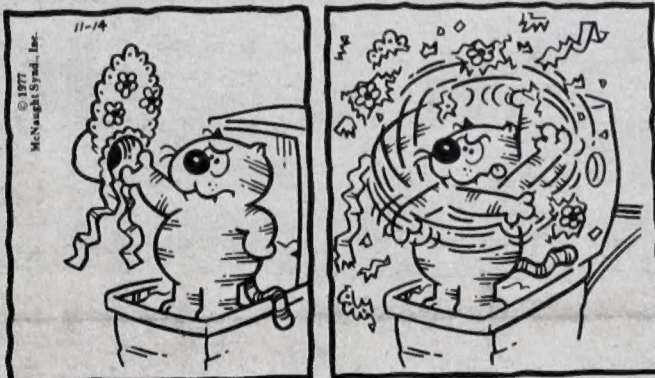
Another advantage, although it is advisable to use

the laser detection method first, lies in the possible use of the argon-ion laser after the exhibit has been treated with traditional detection methods (namely ninhydrin, silver nitrate and powders.)

Mr. Dalrymple adds that laser detection complements the traditional methods. "We hope to see the argon-ion laser used in the future as a standard piece of working equipment for forensic analysts, to supplement existing techniques."

The Ontario Provincial Police is the first police force in North America to investigate the use of lasers. The OPP is indebted to the Xerox Research Centre of Canada for their assistance and support in pioneering this technique. Through their unstinting efforts and interest, laser technology in forensic analysis is now at a stage where it may soon be utilized by every major police force in North America.

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Venison

Proper Care And Recipes

If you know how to take care of venison in the field and during processing and preparation this meat is delicious. The harvested deer must be cleaned and cooled immediately and when dressing the animal be careful not to get any intestinal matter or urine on any of the meat. Also wipe the body cavity clean of excess blood and cut away areas damaged by the bullet. This will prevent the other meat which was in contact with the bullet from becoming bitter.

The body cavity should be propped open with a small stick to allow air to circulate and body heat to dissipate. Transporting the carcass to your home or the butcher requires that you keep the carcass cool.

Never tie the deer to the hood of a vehicle as engine heat will cause spoilage. It is also not a good practice to put the carcass into a tightly closed trunk of a car as lack of air circulation and heat will cause meat to spoil.

A carrier or rack on top of your car is the best way to transport the game. If you have a pickup put the carcass on the bed and cover with a heavy canvas. Get it into a cooler as soon as possible and don't linger too long on the way home from the hunt.

Many sportsmen feel it is best to age the meat before butchering. They claim this adds to the flavor and texture of the meat. This is usually done by carrying the skinned carcass to a butcher's meat cooler or locker plant and letting it hang there for five to 10 days.

You can either cut up the animal yourself or have it processed by a skilled butcher. If you have it processed it is your responsibility to make it known how you want the deer cut up. Ask the processor (butcher) for his advice on the matter.

Now that it is butchered in the cuts of your choice here are a few recipes from which to choose. Whether you like a simple deer loin steak smothered in mushroom soup and onions or the more fancier "Suki Yaki" you are sure to discover the time spent to process your harvest was well worth the effort. Other recipes can be found in the Canadian Wild Game Cookbook by Jaimie Pearson available from the OFAH office.

Pan-Fried Venison Steak

(serves 4)

- 1 lb. steaks, 1/2" thick
- 1/4 cup thick cream or evaporated milk
- 1/4 cup flour

- 3 tbs. butter or margarine
- Salt and pepper to taste
- Pound steaks thoroughly with sharp-edged meat pounder. Cut into serving pieces. Dip steaks into cream, dredge in flour. Brown one side in hot butter. Turn. Salt and pepper to taste. Continue browning until second side is well browned. Serve hot.

Deer Suki Yaki

- 2 lbs. deer tenderloin
 - 10 mushrooms
 - 3 bunches green onions
 - 3 stems broccoli
 - 1 can Chinese vegetables
 - 4 tsp. sugar
 - 1/2 cup soy sauce
 - 1 can dried noodles
- Cut meat in paper-thin slices about 2 inches square. Slice mushrooms thin. Slice onions and broccoli in thin rounds. Render a piece of deer suet in very hot skillet. When rendered, put in vegetables. Cook several minutes. Then add tenderloin, mushrooms, sugar, soy sauce. Cook 10 minutes. Serve on rice and cover with onion rounds and dried noodles.

Venison Marinade

- 2 large onions, sliced
- 2 carrots, sliced
- 2 stalks celery, chopped fine
- 2 cloves garlic, chopped fine
- 2 tsp. salt
- 1 tsp. fresh ground pepper
- 1/2 cup sugar

- 1/2 tsp. of clove, allspice, and basil or thyme
 - 2 bay leaves
 - 1 tbs. chopped parsley
 - 1 qt. vinegar
 - 1 qt. water
 - 1 pt. of beer (optional)
 - 1/2 cup olive or salad oil
- Saute onions, carrots and celery in olive oil 10 minutes, add remaining ingredients, simmer 1/2 hour then chill. Place in large earthenware bowl or crock and add 3 to 4 lbs. of venison (shoulder, neck, breast or other tough portions) cut in 1 1/2" to 2" pieces. Let stand in refrigerator for one to two days, turning several times. Place meat and marinade in large kettle, bring slowly to a boil. Cover and cook over low heat for 2 hours. Thicken liquid for gravy if desired.

Roast Venison

(serves 10-12)

- 4 to 5 lbs. venison roast
 - 2 lemons
 - 6 slices salt pork, 1/4" thick
 - salt to taste
 - black pepper to taste
 - 2 tbs. Worcestershire sauce
 - 1 medium-sized onion
- Remove all fat from venison roast. Season with salt and pepper. Line a roast pan with salt pork after washing off excess salt. Place roast in pan. Add the juice of one lemon, Worcestershire sauce, chopped onion and slices of other lemon. Cover and cook slowly until done. Add a small amount of hot water if needed.

UCW luncheon best ever

Over 200 people jammed the United Church hall on Thursday afternoon on the occasion of the United Church Women's Annual Christmas Luncheon and Bazaar. This year's luncheon and bazaar was the best ever according to many of the satisfied customers who took in the affair.

The Bazaar featured bake goods that were snapped up very quickly, a white elephant table, crafts, crochet items and many more handmade articles. The luncheon

which featured a main course of a delicious huge bowl of home made vegetable soup as well as many different kinds of sandwiches and topped off with Christmas cakes and cookies, highlighted the occasion.

Tact: the ability to describe others as they see themselves.

— Abraham Lincoln



Thinking Slim

BY JEAN NIDETCH

I don't think anyone will dispute the importance of a turkey at Thanksgiving. But what would it be without the trimmings?

And speaking of trimmings, one of the misconceptions that keeps enduring, I think, is that people on weight control programs must deny themselves the "trimmings" everyone else delights in on holidays.

Nonsense! Denial — with the exception of a few insidious foods — simply isn't in our vocabulary! Take cranberry sauce, for example. Who says you can't? Here's a recipe for Atlantic Cranberry Sauce which would fit nicely on any plate:

- 4 cups whole cranberries
- 1 1/2 cups water
- artificial sweetener equal to 1 1/2 cups sugar

Now combine everything in a saucepan. Bring it to a boil, lower the heat and simmer for perhaps 10 minutes. That's when the berries will burst and your sauce is made. Chill before serving. You'll have approximately three cups. Divide evenly. Makes 16 servings.

For color and taste contrast, how about a pumpkin chiffon tartlet. Ingredients consist of:

- 16 ounces cooked or canned pumpkin
- 4 tablespoons brown sugar replacement
- 1-4 teaspoon rum extract
- 1-8 teaspoon cinnamon
- 1-8 teaspoon nutmeg
- 1-8 teaspoon ginger
- 2 envelopes unflavored gelatin
- 1-4 cup water
- 1 cup evaporated skimmed milk

In a large bowl, mix the first six ingredients well and set aside. Soften the gelatin by sprinkling it over water in a small saucepan, then place the pan over low heat and stir for about three minutes, or until the gelatin dissolves. Put that aside too.

Now, use a rotary beater to combine the milk and artificial sweetener in a bowl. Slowly pour in the gelatin mixture and continue beating until stiff peaks form. Then fold three-fourths of this into your pumpkin batter and divide equally into four individual dessert molds.

Top each one with equal amounts of the remaining gelatin mixture, chill until firm, and you'll have four delicious, eye-catching tarts.

Happy Thanksgiving! Trimmings and all!

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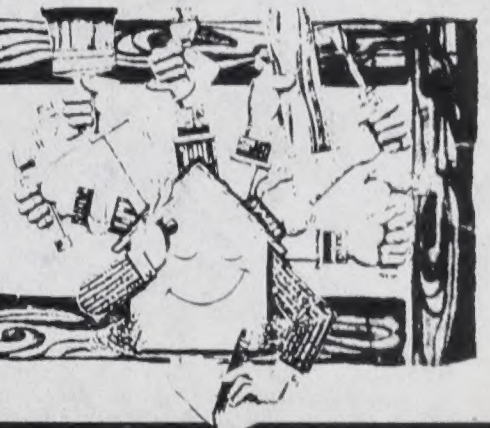
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— Ralph Waldo Emerson

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JUST BETWEEN US. seems to be the tone of this tete a tete between two male Kodiak bears at the Brookfield Zoo outside Chicago. Actually, the bears are enjoying a friendly wrestling match in their pool.

SUBURBIA



Let's rake the leaves next spring when the weather is better!

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